

# LAMBDA

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## O'Connor wins VP Issues by-election

BY MATT RABEY

Four candidates vied for the VP Issues position in a by-election on Sept. 26, in front of the SGA board: Joshua O'Connor, Carolyn Leblanc, Chris MacCullough and Chloë Mirfield.

At 7 p.m. Sept. 26, Joshua O'Connor was elected as the new SGA Vice-President of Student Issues.

Senator McKenna Elsasser is excited at the prospect of working with the new VP, saying, "He seems like a very driven individual and I look forward to working with him."

The by-election took place at the Wednesday night SGA meeting on the eleventh floor of the Parker building, with 21 voting members casting ballots. The VP Issues seat was vacant, as Jarrod Shook was unable to fill the position when he won it last school year, due to personal reasons.

The election saw two candidates receive the majority of the votes, with number of ballots cast per candidate as follows: O'Connor 13, Mirfield seven, MacCullough one and Leblanc zero.

Upon the formal announcement of his victory by Charles Wilson, O'Connor said, "I'm pretty excited to be elected as the SGA Vice-President of Student Issues and I think that Andy, Iain and myself bring a wide variety of skill sets that [will] be very beneficial serving the student body."

O'Connor has had previous experience in working with the SGA, including being president of the school of human kinetics student association where he organized charity events.

He has also had his share of involvement with roles in residence life. He was a residence advisor for two years before assuming the role of senior residence advisor for one year.

VP of Services Iain Park is pleased to have O'Connor as his executive counter-part and said this in regards to O'Connor's election: "I think it's great. It's definitely a point in the right direction. We seem to have formed a pretty good trifecta that will reach out to the student body."

The new VP Issues has key areas of the student experience that he would like to focus on during his tenure of office. One of the priorities he cited was organizing awareness weeks for the entire school, such as alcohol



Photo by Ryan Neal

New VP Issues Joshua O'Connor poses (right) beside VP Services Iain Park (left) and SGA President Andy Rollins (centre).

awareness week

"This past [awareness] week was alcohol awareness week, and there was not much done to promote awareness," O'Connor stated, "As VP Issues a big goal of mine is to run these weeks, and make sure they are ran properly and in a way that engages the entire student body."

O'Connor has also stressed the need for all students, both on campus and off, to have an experience at Laurentian University that appeals to them.

"I will also run these weeks so that they appeal to both off-campus and on-campus students, as the SGA needs to provide programming and awareness for every one of its members."

Another area that O'Connor emphasizes is the importance of being a team player.

"Looking at the team this year it is evident that sharing the workload is very important and teamwork not only helps each student more quickly, but also keeps the entire executive on the same page."

During the by-election question period, Nathan Knott asked if as VP of Issues the candidates would be prepared to put in extra hours and without hesitation. O'Connor responded, "yes."

O'Connor will have to hit the ground running, as the school year has already commenced, but he is adamant that he is the right man for the job.

"I will be able to continue and contribute to the healthy, friendly work environment that is present right now and will make sure the year continues to be as amazing as it has started."

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# Starbucks opens on Laurentian U campus

BY RYEN VELDHUIS

Early Monday morning on Sept. 17 saw the opening of the Starbucks at the library rotunda on campus.

It was 8 a.m. when Starbucks opened to students that day and right away people began making their way to the order line.

By 10 a.m. that morning the floor was filled with more than thirty people and more continued to pile in, to get their hands on the new brand available on campus. Despite the sea of customers and the deafening chatter, the Starbucks' employees proceeded with smiles on their faces and even had free samples of coffee carried about and offered to all gathered to be part of the grand opening.

Amongst those present was Laurentian president Dominic Giroux, who came to deliver a speech at the opening of the on-campus Starbucks, and Carol McAuley, the vice-president of administration at Laurentian.

"It adds another option for students, faculty and staff," said Giroux, his Starbucks in hand. "And quite frankly there hasn't been a week since I've been here where students, faculty and staff haven't asked me 'how come we don't have a Starbucks?'"

Although the Starbucks is now open there are still many renovations to be finished. "You can tell by the draping that there's still a lot of work to do," said McAuley. "It wasn't simply to have another coffee choice on campus, it was also to create a space that was very vibrant and a place that students would want to come and work.



Photo by Ryan Neal

Students pose in front of Starbucks (product in hand) on opening day at Laurentian University.

The real experience is probably another couple weeks away when we finish all the renovations in the back." The rest of the additions include a lot of soft furniture in the rotunda, which McAuley compared to the Brenda Wallace room, the conversion of what used to be three offices into study rooms with round tables and several chairs to allow students to work in groups with a free space and finally the re-purposing of the classroom on the floor above into a student space.

"The overall experience is to give a place that people

can come and spend some time while maintaining the ambiance of contemplative space," she said. Olivia Spry, a first-year nursing student said the Starbucks was "kind of bad because [she's] going to spend all of [her] money on Starbucks, and good because of something to do between classes."

According to McAuley, the current hours of operation for Starbucks are from 8 a.m. to 8 p.m. Monday to Friday; however she said that they may change in the future. "We'll certainly want to do some experimentation with

the weekend hours," she said.

"One of the hopes is that the general community may say 'wow there's another Starbucks in the city of Sudbury.' It's on campus and we'll welcome them to come on campus too. There more likely to come on weekends so we're looking for some weekend hours."

According to McAuley, Aramark is already employing three students for the Starbucks and has expressed further interest in hiring students, encouraging them to apply.

"It's the kind of place that

the students want to work," she said. "It's been on the agenda of the university for some time to improve the student experience and to respond to the needs that students have been expressing for some time." With the Starbucks finished and the final touches in the rotunda around the corner, the next major project of the on-campus modernization was revealed.

"Our next project is the renovation of the great hall," said McAuley. "So we're in the planning stages of that."

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# The Giroux argument

**BY ED VEILLEUX**

Let's chat about Laurentian University President Dominic Giroux.

The president's contract agreement is up in 18 months, and the Laurentian board of governors asked the Laurentian University Faculty Association for their opinion on the possibility of a renewal.

To round it up, 213 voted, out of 653 faculty members, and 76.5 per cent were against the renewal.

This means that 163 members, out of 653, voted against renewal.

Therefore, roughly 25 per cent of the union members voted against renewal.

Not exactly a staggering 'yes' vote.

LU chief of staff Chris Mercer pointed out some of the flaws with the poll in a Sudbury Star article: anonymity and a lack of participation.

If people want to have their voices heard, they need to show their face, or at least their name, Mercer argued.

And, of course, that's how the world works in professional environments.

If you have a problem with something in your workplace, you don't slip an anonymous note under the door to your boss.



In terms of Dominic Giroux, as a person, anyone who has met and chatted education with Giroux will know that he is passionate about Laurentian and about higher education. He doesn't use the job as a way to build his CV, and he doesn't place profits above people.

Some people are frustrated that his administration made cuts to work towards balancing the budget. That is a necessary evil in all institutions, but especially those so dependent on provincial government funding.

The provincial government cut \$66-million in funding and loan programs to universities and hospitals in January. From the Globe: "The government

withdrew the research funding to free up money for other programs that it says have a better track record of creating jobs. A senior government official hinted that other grant programs could also be on the chopping block as every ministry faces pressure to find savings." Faulting Giroux for cutting to balance the budget is hardly fair, as his administration's hand was forced by a budget crunch.

In a report by economist Erin Weir, it is stated "As a proportion of university and college budgets, provincial transfers are 37% in Ontario versus 52% in the rest of Canada."

Ontario's universities are in a cyclical problem of having to find cuts to maintain their budgets, due to a lack of provincial funding. This is also the reason tuition rates are high in the province.

Giroux is friendly to students and pushes to actually communicate with them (in the halls or on Facebook and Twitter). This is unheard of in the higher-education sphere.

In terms of "progress" (a word that gets thrown around often), Giroux and his team have been building the school's profile, there can be no doubts. The school of

architecture, the return of hockey and the possibility of a full Barrie campus are all exciting initiatives.

Whether or not you think Laurentian should be going in those directions, there is definitely visible progress for the first time I can remember.

Charles Wilson, executive director of the SGA, has been in or around Laurentian for the better part of a decade, and he agrees Laurentian is "on the rise."

"For the first time in ages, Laurentian is a better place to learn and be a student," Wilson posted on Facebook. "Laurentian is an university on the rise. We have seen record enrolment and record growth. The university was in a bad situation a number of years ago, and tough choices had to be

made. Some of these choices are unpopular, but that is the cost of leadership."

Whatever your personal opinion of Giroux, and for whatever reasons, it's hard to deny Laurentian is in a better place then it was before he came along.

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# Student-helping Laurentian 10 program launches

BY ED VEILLEUX

Ten students will get chosen for a \$500 grant under a new SGA initiative, launched in mid-September. The Laurentian 10 program aims to give \$500 in grant money and a series of mentors to ten students who, in turn, undertake a project of international, national, or local importance.

Charles Wilson, the executive director of the SGA and program administrator of Laurentian 10, said: "The Laurentian 10 is going to be an initiative which is

going to put Laurentian on the map. Other universities have similar programs which either give money to the student without the mentorship or give them the mentorships for programs which they choose. We are unique where we allow student directive projects which ultimately choose the issues which students want to take action on." The program started by accident, according to Wilson, when himself and SGA President Andy Rollins were attending a student leadership conference.

The program should have beneficial results for students and the university community, Wilson said. "The program will enable students to become leaders in their community. They will also acquire the skills they need to make meaningful change. A lot of the projects we have talked about are Laurentian-centred. It really speaks to me that students really care about the community they live in."

The program will be governed by an independent advisory

board "that ensures the integrity of the program," an SGA release stated. Andy Rollins, president of the Students' General Association, and Dominic Giroux, president of Laurentian University, will be honorary patrons for this program.

Giroux said the project "will be cutting-edge and foster even more student engagement on the Sudbury campus."

Rollins added, "today we are launching a program which will foster Laurentian students to be leaders, not

only on campus, but in the world."

The Laurentian 10 is being supported by the SGA, ACL Student Benefits, Huntington University, Laurentian University, Laurie Bissonette of KPMG Sudbury, and an anonymous donor.

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# All-ages pub nights 'great way to meet people:' student

BY WILLIE POLL

Being at university under the age of 19 can sometimes be difficult, especially when everyone else you know is going to pub.

Possibly with that in mind, Pub Down Under puts on all-ages pub nights.

"You get to mingle and interact with all of the students, not just the ones who are of age to go to pub," Mackenzie Hamlin, a second-year student, said. "It is a great way to meet people and have a great night, plus the frosh usually have a

lot of fun and that's important since it's their first year and first time at pub."

At the event, the pub allows any Laurentian student in, 19 or not, but sells alcohol to no one. The event is completely dry, allowing all students to mingle at a non-alcoholic event.

"I love that the pub doesn't serve alcohol at the all-age events because otherwise you'd be able to distinguish between the 19-year-old students and the minors," Sydney Huk, a first-year student,

said. "It makes people feel out of place. I think the pub does a great job at incorporating everyone and allowing everyone to have just as much of a good time."

This year the pub has already had two all-age pub nights, one during dry days, and one on Sept. 22. The theme was tight and bright.

"Tight and bright themes are always fun, but I think we need to get some more original ideas," Huk said. "Also, I didn't find the advertising as strong as it should have been, I didn't know until last

minute that it was even going on. The first all-age pub night had a lot more people, I think because everyone knew it was going on, plus it was dry days."

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# LU students protest downtown over fees

**BY MATT RABEY**

On Sept. 5, a small group of students and their supporters gathered for a protest march around downtown Sudbury. The march went from 8 p.m. until 8:45 p.m. and was primarily to protest fees that Ontario's students have to pay to attend a post secondary institution.

"The main issue we are trying to raise is over the conditions and pressures students face these days," fifth-year Political Science student Tom Sutton. "Rising tuition is, of course, the largest and most dominating pressure we

all face."

The march was the first of its kind to be held during the current school year, with 18 students in attendance.

"Big things start small," said Eric Gloster, when asked about the turnout of the event. Gloster then went on to say, "we're trying to make a bit of a change in Ontario and as we found out it worked out for the Quebec students or at least it is going to, hopefully. What really motivated me to come out was not only the tuition hikes, but also because of the violence against the students."

The march circled the downtown with the protestors carrying a banner, banging pots and pans and shouting chants of solidarity against the tuition hikes students are experiencing.

The march concluded where it began, at the Sudbury Arena, with a few words from Tom Sutton about the success in regards to tuition that the Quebec students achieved and how it is possible in Ontario.

The march was organized by the Laurentian Mobilization Committee who have been holding other events around

the campus to raise awareness. One of these other events included a meeting on September 11 at 4 p.m. in the student lounge.

Sutton explained the purpose of the gathering,

"It was a space for people to talk about the issues they were experiencing and the problems they have on campus."

At this meeting the topic was broached about how to get more students involved with what goes on at Laurentian University and how to make more students aware of what goes on with

the school they are attending.

As of yet, the Laurentian Mobilization Committee does not have a formal statement of intent, but Sutton said, "we really just want people to make a choice on behalf of their education, we have our ideas and we want to share those with people, but we would never try to be authoritative. We want to see the students assemble and make an informed and legitimate decision on the future of their education."

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## Administration reply on fees

**BY MATT RABEY**

According to Statistics Canada, the average tuition in Ontario has risen from \$1680 in 1990-91 to \$5160 in 2006-07.

Laurentian University has been no exception to the tuition rise..

However, according to Laurentian University chief of staff Chris Mercer, the university has the cheapest tuition for students in Ontario

"In contrast with the rest of the province, Laurentian does continue to have the lowest tuition and fees of any institution in the province. Not to say that any of it is cheap, and just because ours is cheaper than someone else, does not mean that any of it is cheap."

This does not mean that students at Laurentian University should be happy with their tuition, but to give more perspective on rising costs, Mercer said,

"What we've seen in Ontario since 2007-08 is that on a per-student basis our funding hasn't been increasing. So even as we've grown, incrementally it

actually costs you a little bit more as a university every year, in terms of what we're getting vis-à-vis grants from government, to run the institution. Where most institutions and, quite frankly Laurentian as well, are having to fill some of that space is certainly with tuition revenue."

Laurentian University has many operating costs, and with the Ontario Government contributing less, the costs get passed down to students through increases in tuition.

"The government is 16 billion dollars in debt [and] to expect that they are going to swoop in and that we'll have huge increases to grants probably isn't reasonable.

To put it all on students, as well, probably isn't reasonable. So what's the middle ground and how can we think creatively about what it is we're doing here to try and shift things?"

Laurentian University is trying to save money so that all the costs do not get passed down to students, Mercer

explained:

"In looking at how we did course time-tabling for 50 years, it was literally a giant wall-sized piece of paper that took ten days working on it [and] was done manually.

Last year we invested in a program that can do that for us, saving 10 days worth of staff time to have the staff focusing elsewhere."

Mercer also spoke out on the cuts made to Laurentian University staff last year,

"We did do some organizational shuffling last year that resulted in a decrease in the number of staff we have and that's always a lot tougher."

The money saved, Mercer explained, went back to students.

"It took about a million-and-a-half to two million dollars a year we were spending on administration. We moved it directly into student services and into the classrooms."

The Laurentian University administration is always available for

students and input from students is always welcomed, he added.

"We've had some interesting conversations with students over the last several years," said Mercer, "in terms of how things can evolve, leveraging technology in the classrooms and as we start looking at what we can do for campus modernization in the next five years, in terms of bringing the classrooms into the twenty-first century. Can we do it in a way that is cost effective, but that allows for incremental savings as time goes on. And that way we can try and keep costs down all across the board and be able to really focus on student experience in as cost-effective a way as possible."

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# STC premieres Henry and Alice: Into the Wild

**BY RYEN VELDHUIS**

On Sep. 27, the production of *Henry and Alice: Into the Wild* premiered at the STC (Sudbury Theatre Centre). This production opened the season for the STC and featured the return of Marcia Tratt as guest director. *Henry and Alice: Into the Wild* is a sequel to the play *Sexy Laundry* that was directed by Tratt several seasons prior. *Henry and Alice: Into the Wild* is about a recently forced-into-early-retirement Henry (Micheal Querin) who tries to help his relationship with his wife Alice (Jane Hackett) by setting up a camping trip for the two only to be followed by Alice's sister Diana (Jo-Anne Kirwan Clark).

"About 3 years ago I directed a show called *Sexy Laundry* here," said Tratt.

"And this show were putting on Friday is the sequel to that. When it was written, it was written this year so when David Savoy decided to do the show he decided to bring back as many people as possible who had been involved in *Sexy Laundry*. So he asked me to come back and we asked our original cast to come back—which was two people—and one person could come back: Jane Hackett, who plays Alice and the fellow who played Henry was not available. We've re-casted—beautifully—and there's a third person in this show which is

Alice's sister."

While Hackett is returning from *Sexy Laundry* for the role of Alice, Jim Doucette was unavailable to reprise his role as Henry and so the role was re-cast with Querin. "I think if we had had both cast members return there would have been an immediate familiarity with their characters together because both actors would have already worked together," said Tratt. "So they would have been able to jump right back into the characters. It hasn't been a detriment at all because he's a great guy and everybody gets a long great. It's fun for [Hackett] because she gets to play with somebody new, somebody different, who brings a whole different idea and personality to the role."

Along with the sequel comes the addition of a new character, Diana, Alice's sister (Kirwan Clark). According to Kirwan Clark, her Tratt and Hackett had been friends for some time and had worked with each other before. "[Tratt] phoned me up one day and she said 'well I'm doing a production that's the sequel to *Sexy Laundry* and I would like you to play the sister.'"

Although the production is described as a comedy, it retains some dark and serious undertones; such as the decline in the economy and the forcing



STC premieres *Henry and Alice: Into the Wild*

of people into earlier retirement with reduced pensions. "The comedy comes out of a dreadful situation," said Kirwan Clark. "We have to laugh at ourselves we have to sometimes laugh or look for the brightness in the bad situations that we're in."

Tratt said that theatre can be a very difficult and competitive business; however offered advice in retrospect of her own rise to her career. "The best thing to do especially if you're young enough to do it is to just take on any challenge you can," she said. "If you want to be in a show and

you can't get into a show do it yourself. Get like-minded people and put it on yourself. Especially in university you've got lots and lots of recourses. Jump in because the more experience you get doing anything related to what you love and what you want to do. You might say 'I don't know how to direct', so watch, figure it out and just do it. You're going to make mistakes and now's the time to make mistakes and the time to get as much experience, because when you get out into the real world they're going to say 'well what have you done' and

if you say 'well I went to school and I took these courses' they'll say 'well did you do anything else, what shows did you put on'. They want to see the passion that you have. I wish I had done more of that myself."

*Henry and Alice: Into the Wild* will be playing until Oct. 14 at the Sudbury Theatre Centre. Ticket information can be found at [sudburytheatre.on.ca](http://sudburytheatre.on.ca) or by calling the box office at 705-674-8381 ext 21. [lambda@laurentian.ca](mailto:lambda@laurentian.ca)

## STC Holds Auditions for new Matthew Heiti Play

SUDBURY, ON – The Sudbury Theatre Centre will be holding auditions for the upcoming production of "*Black Dog: 4 vs the World*", a new play by STC Award winning Playwright-in-Residence Matthew Heiti. The show plays in April 2013.

Five (5) roles for non-equity actors. Actors must be able to believably play late-teens or early-20's.

*Black Dog: 4 against the World* tells the story of four secondary school students each facing

their own battle with a form of mental illness. One of the three male characters must be able to play guitar and sing.

Audition monologues are posted on the Sudbury Theatre Centre website. (<http://www.sudburytheatre.on.ca/>).

### AUDITION DATES

Friday, Oct. 12 / 2:30 - 5 p.m.

Saturday, Oct. 13 / 2 - 4 p.m.

BY APPOINTMENT ONLY

Call the STC at 705.674.8381 to book. Actors are asked to bring a photo and resume with them to the audition.

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For more information, call 705.674.7788 x23 or email [education@sudburytheatre.on.ca](mailto:education@sudburytheatre.on.ca)



# Thorneloe professor presents ‘Perspective’

BY KAYLA PERRY

Benjamin Paguette, Thorneloe University film production professor, presented the first segment of his new film, “Perspective” at Cinefest on Friday, Sept. 21.

The film is a series of shorts, which will be shot over a four to eight year period, every year adding a 20-minute segment to Cinefest. The first chapter, titled “Chapter 1: Salt & Soda” featured the same event, occurring three times from three different perspectives.

The film was part of the First Cut program, and was made to serve as a “teaching tool” for film production students at Thorneloe University, where a Bachelor of Fine Arts (BFA) is offered. The film is Paguette’s sixth feature film to premier at Cinefest, with the first film premiering in 1995.

“The context for shooting the film was

perfect – what made us leap into this was giving classes at Thorneloe – we wanted to have the students get some firsthand, practical experience on a film set, because it is a practical program, not a theory based one,” Paguette said. “The students were able to go on set, and helped with the script. My experience is that at film schools we aren’t the best... So I have an animosity with film schools – you need practical experience otherwise its useless.”

The students that helped with the film’s production were able to see the final product for the first time at the Cinefest premier.

“We approached Robert Derrenbacher, the president at Thorneloe, to see what he thought about the idea, and he was very excited so we went with it,” Paguette said. “It gave us complete control over the film. The crew managed to shoot the entire

film in two days. We spent most of the day rewriting and then we shot.”

Paguette explained that the decision to make a series of short films instead of one final film was not solely based on budgeting purposes.

“This movie essentially has three parts to it, but each time it restarts it has a very different path, so it’s not the same story three times, its actually three very different stories. The interesting thing with this is that now, we’ve seen a bunch of stuff – I can go a bunch of different directions with the film.”

The final film will be approximately 90 minutes long, and although Paguette refused to reveal any ideas for the future segments, he did explain that each year the film will have evolved along with the time lapse.

“In next year’s segment, we will see the characters as they would be a year after the

first segment. There will still be repetition but the film will evolve.”

Jason Ross Jallet, a co-producer on the film, explained that a new segment will be introduced to Cinefest each year, stating “if you live in the neighbourhood and you see the neighbourhood kid grow up you have a sense of connection... Cinefest is like that with us, and it is great when you are able to create congeries that all fit together.”

The film, according to Jallet, was low budget and production relied heavily on donations. The second chapter of “Perspective” is scheduled to be shot in March, and will appear in the 2013 Cinefest Sudbury International Film Festival. [lambda@laurentian.ca](mailto:lambda@laurentian.ca)

## Coffee chemicals resemble organic chemistry lab

MONTREAL (CUP) — Legend has it that coffee was first concocted in Western Ethiopia. Since then, it has come a long way. Modern brewing devices and techniques have conferred a mechanical advantage upon coffee-making that has turned the process into both a science and an art. At the same time, popular coffee derivatives — like the frappuccinos served at Starbucks — contain a slew of additives that make the drinks seem more like frosted cocktails than cups of coffee. Whether your morning kick involves one of these or a genuine barista-brewed artifact, the lowest common denominators for all coffee, and the entirety of its offspring, are simply water and coffee beans.

The most popular and accessible species of coffee beans on the market are *Coffea robusta*, a bean associated with a harsh, flat taste and *Coffea arabica*, which is known to have a richer and multi-dimensional taste. Seventy per cent of the world consumes arabica, while the remaining 30 per cent drinks robusta. They have slightly different chemical compositions, but both contribute a total of over 1,000 different organic and inorganic chemical compounds to this drink. These include carbohydrates, lipids, nitrogenous compounds, vitamins, minerals, alkaloids and phenolic compounds. Of this teaming multitude, polysaccharides, phenolics and caffeine have the most salient impact on health.

Caffeine, the cardinal reason many students drink coffee, is a white crystalline alkaline plant toxin, similar to nicotine and cocaine. Its main function is to prevent adenosine from bonding to neurotransmitters. Adenosine, also known

as the sleep chemical, is an inhibitor that abates brain activity by restraining the reticular activating system. In other words, it makes you sleepy. The presence of caffeine prevents this system from being inhibited, thus allowing you to power through those early mornings and late nights. In broader terms, caffeine is a central nervous system stimulant. It can make you more alert, but can also cause insomnia, headaches, anxiety and dizziness. Caffeine is also a diuretic — a urine-inducing compound.

Caffeine’s potency is especially remarkable when paired with the fact that a cup of coffee is typically composed of 98.5 to 99 per cent water. This may seem like you’re being royally swindled, but the universal solvent is important in the brewing process: it extracts the flavors and oils from the coffee grounds, lending your morning dose its pungent nature. With less water, the 800 or so volatile aromatic compounds that harmonize to produce the distinct smell and taste of coffee would be overwhelmingly cloying and unsavory.

A select group of these volatile compounds have a low odour threshold, are found in high concentrations in coffee and end up forming the primary determinants of coffee’s aroma. Ethylguaiacol, for example, is the flavor constituent that lends certain blends a spicy fragrance. Pyrazine — the main aromatic compound in green bell peppers — provides an earthy aroma. Diacetyl is responsible for a buttery smell, and furofuranol is the éminence grise behind the caramel-like flavor of many coffees.

Besides having pleasing olfactory characteristics, coffee contains other compounds that are thought to have

salubrious side-effects. Coffee beans are rich in indigestible polysaccharides, dietary fibers that are associated with antioxidant phenolics. A report published in 2007 in the Journal of Agricultural Food Chemistry found that these antioxidant properties are passed on after brewing. With 8.7 to 10.5 milligrams of antioxidant phenolics per 100 millilitres of the brewed beverage, coffee has more soluble fiber than many other common beverages. Type II arabinogalactan and galactomannan are the polysaccharides that are present in both the green coffee beans and the final product. Green and roasted coffee beans are rich in dietary fiber, and since phenolics have a tendency to bind strongly to polysaccharides, they are transferred to the brewed coffee. The correlation between regular coffee consumption and lower risks of diabetes may be explained by the presence of antioxidants in coffee. However, the fact that coffee is the number one source of antioxidants in the western drinks shouldn’t be interpreted as a justification for increased coffee consumption, especially given its less beneficial aspects.

One of these is that coffee has been linked to higher levels of cholesterol. This may seem discrepant with its soluble fiber properties, but coffee’s potential health benefits may be jeopardized by some of the extra components that are added to the coffees many people opt for these days. For example, Starbucks coffees are closer to glamorized full-fat milkshakes, with a higher calorie and carbohydrate load than regular coffee has.

Frappuccinos, for instance, are made with different variants of syrup whose main

ingredients are sugar, water, xanthan gum, sodium and preservatives. Xanthan gum is a polysaccharide that acts as a thickening agent. Depending on the drink, many of the syrups contain maltodextrin, a sweet additive usually added to sodas and candy, and carrageenan, the vegan version of gelatin that is extracted from red seaweed.

The composition of a type of beverage isn’t static — chemical processes determine the exact chemical makeup of a cup of coffee and have a qualitative and quantitative effect on your quotidian beverage. For example, according to the Journal of Agricultural Food Chemistry, a dark roast produces more N-methylpyridinium, a chemical compound that prevents stomach cells from producing excess acid usually caused by coffee drinking. The darker the roast, the more soothing the coffee will be for the consumer’s stomach.

The extraction process also impacts the final components in a cup of coffee. Acids are the first components to be dissolved in water. Sugar comes next, and the bitter coffee components are dissolved last. Too much extraction can produce a bitter flavor, but too little will result in a sour brew. The magical number, according to Richie Nieto, the owner of a coffee bar in New York, is a 19 to 22 per cent extraction, a formula that pleasantly balances all three types of compounds.

No matter what the magical blend is, a cup of coffee ultimately boils down to a cup of water sprinkled with some caffeine, ethylguaiacol, phenolics and diacetyl, amongst many other substances. So romantic, I know.

# Bill Lane returns to Laurentian University for another semester

**BY RYEN VELDHUIS**

Last year Laurentian had the opportunity to have Bill Lane, a well-known name in Canadian theatre, come to teach courses while Ian MacLennan was on sabbatical.

At the end of the year he was unsure if he would be coming back the following year. Surely enough come time to register; students could see his name beside a couple courses this term. However, he has only come back for the first term.

"I came here for ten months thinking that it would be for ten months," said Lane. "And I kind of got to love the place and people and

what I was doing and I felt a desire to come back."

Lane has been active in Canadian Theatre since the 1970s, which he spent working exclusively in theatres as a director, playwright and dramaturg. In 1982, Lane worked at CBC radio and developed, produced and sometimes directed over 500 radio plays. That same year he was both included in the 1982 publication of the Oxford Companion to Canadian Theatre and won the first Pauline McGibbon Award: an award for Ontario directors. In 2004 Lane received his MA in the department of Social and Political Thought at

York University after having a BA for most of his professional career and then proceeded to get his Ph.D. in the Department of Theatre Studies at York.

The courses he is teaching are Directing and Canadian Theatre, both of which were offered last year, but he claims were amongst the students' favorites of what he taught. Lane said that within his directing course students were taking the initiative in creating projects of their own.

"People are developing work in that course and that's the most exciting thing," Lane said. "I am mentoring

several playwriting projects in the theatre department and hopefully some of those will lead to something more than just university."

Lane would not go into detail at this point, but claimed that he had plans for the near future.

"I'm actually working on a number of a few different projects but none of them are at a point where I can really talk about them," Lane said with a smile.

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## Laurentian student starts up website to sell second-hand textbooks

**BY TOM RENDLE**

When walking around the Laurentian University campus, students may notice the paper posters taped to bus shelters and stairwell walls that are designed to catch the eye of a busy passerby who may be interested.

A student in their second year here at Laurentian named Alan Russel took notice that many of them pertained to the selling of second-hand books and decided to take action. After unsuccessfully attempting to sell some of his own second-hand books, Alan began to contemplate various ways of

making it easier for students to find customers in need of their unused stuff, whilst also making a bit of extra money for himself. It was at this point that Alan's mother, Janet Russel, a holder of a B.A.Sc. in electrical engineering, suggested establishing a website on which students could post advertisements for no longer needed belongings, where other students attending the same school could easily search for required items and contact the owners. Alan's father Jan did some research and found that similar websites existing elsewhere had proven to be

quite successful.

On Aug. 12 Alan's website launched under the name Stuforo. "Stu" being short for student of course, whilst "foro" is Latin for "marketplace" the website is aptly titled the "student marketplace." Although the website came off to a good start reaching over 1200 hits in the first week and more than 300 advertisements since its launch, Alan explained that they had "hit a few bumps along the way." Alan has taken on the role of chief promoter for his family's new small business and has worked hard to

get the news of this useful website out to the student populace.

"We are all astutely aware of the significant mark-up in price at our campus' own bookstore and most people are in agreement that it is better to purchase your course requirements online or from a peer," said Russel. "Stuforo is designed to help students find what they need at a reduced rate and also participate in the win-win situation that results from buying a book from a student peer."

The website is free to use, does not require the creation

of an account, and the majority of the current ads are right here at Laurentian University. Russel would like to see Stuforo become the students' first choice in locating course requirements, dormitory accessories, second-hand electronics and more. Think of it as a Kijiji website exclusive to students. To check out the website simply go to [www.stuforo.com](http://www.stuforo.com).

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# There's nothing like a good statement piece

**BY LIANNA PISANI**

*Fashionista: Natalie Kim-Forest*

*Program: Mathematics, third year*

*Spotted: Student centre*

Natalie Kim-Forest has a unique style infused with both Canadian and Japanese cultures.

"I lived and grew up in Tokyo, Japan until high school. Growing up in Japan, I absorbed a variety of styles from hip hop to Loretta. Once I moved to Canada, I realized that the definitions of cute and sexy were different from my culture and enjoyed incorporating Canadian style

into mine," says Kim-Forest.

Her purse and knee highs are Japanese statement pieces that add originality to her otherwise classic look of high-waisted shorts and a polka-dot blouse. Her knee socks lengthen her legs and work with her high-waisted shorts, which also serve to make the legs look longer. Kim-Forest also added personality to her hairstyle, with a zig-zag pattern shaved into her hair on one side.

Much of Kim-Forest's fashion inspiration comes from her cousins who

were models, and her friends. She feels she was lucky enough to live where she was surrounded by fashion.

"Growing up in an urban centre, fashion was a natural thing. Because everyone is fashionable, there is inspiration all around," says Kim-Forest.

Despite Kim-Forest's mix of Canadian and Japanese influences in her style, her favourite fashion trend of all-time is the traditional Japanese kimono.

"I do not wear [kimonos] usually, however, it brings out the beauty and

the elegance within. A woman can look intelligent, sexy and highly attractive without showing any skin," says Kim-Forest.

There is a difference in what is beautiful between cultures. Kim-Forest says, "In Japan, the beauty is not from the front, but from the back. The beauty comes from the neck and full bodies."

Kim-Forest's beauty is shown through her confidence to proudly incorporate Japanese trends in Canada.

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**Photo by Lianna Pisani**

**Natalie Kim-Forest shows off her unique attire (left) and hairstyle (right).**





# Andy Rollins is Hulk



**BY ED VILLEUX**

Rollins smash.

New SGA President Andy Rollins has made it clear since his election campaign that things needed to change in the SGA.

Through some strength of character and will, the new leader has started the re-brand and pushed to unite the SGA executive.

If there is anyone in the Marvel Universe tied to strength, it is the Hulk.

Hulk is the strongest, hands down.

And when he gets angry, he just gets stronger.

I haven't witnessed an angry Rollins, but most politicians do have a temper.

The president's stocky frame lends itself naturally to the image of the green powerhouse.

Policy, you don't want to see Andy Rollins when he's angry.

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Illustrations provided by Marvel Comics

Hulk, much like Andy Rollins, is driven to succeed. Hulk has served in the Avengers and has been one of the major players in the Marvel Universe for years.





# Country night lassos a sellout

BY WILLIE POLL

On Friday, Sept. 21, students lined up outside the pub wearing cowboy boots, cowboy hats, and a lot of plaid.

This year's first country pub was well underway by 9 p.m. with the line up going as far as outside on campus. Whether you're looking to save a horse and ride a cowboy, or maybe just grab a couple drinks and dance to some honkytonk, country pub was the main event Friday night.

"What makes country pub so unique for me, is that you don't have to get dressed up to go to it," Kelsey Anthony, a second-year student, said. "You throw on a plaid shirt and some jean shorts and you're on your way, and I happen to own a lot of plaid."

Jaime Kearnan, a second-year student, said "pretty much anything country including cowboy boots, hats, plaid shirts, denim and anything that makes you look like you own a pick up truck that blasts Scott McCreery all day."

During Friday night the line up at some parts was over two hours long.

"The line at country pub is horrible," a Laurentian student said.

"People are pushing and trying to get to the front when security is barely letting anyone in. Then I got to the front, saw that they only let 50 people in and then only let another two in. I was in line for two hours and just left. It was ridiculous."

Country pub was at full capacity until pub shut down, being one of the busiest pub nights so far this year.

"Country pub is such a good event because it is such a popular genre of music that doesn't have as much recognition as hip hop, for example," Amy Tattersall, a Laurentian student, said. "So when there's a night dedicated to just country people go nuts. It's also a fun night for everyone to dress up in country gear regardless if you're a fan or not. It's great as well because there's always a few popular country hits that everyone knows at least some words to."

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Photo by Ryan Neal

The SGA hosted their first Country night on Sept. 21 in the Pub Down Under.

## Club Days offers variety of choice for students



Photo by Ryan Neal

Hispanic club was just one of 25 clubs at the event.

BY MATT RABEY

Every year in the Great Hall, Club Days are held so that people can come out and see what clubs are available to join at Laurentian University.

"Club Days are a staple part of being involved in clubs," stated Senator McKenna Elsasser. "I'm always looking forward to seeing what other clubs are going to be on campus, as well as what they are going to be up to."

This year, club days were on Sept. 19 and 20 from 10 a.m. to 4 p.m. One of the clubs featured at club days was the Hispanic Club, where Paulina Siller is the president.

She explained the importance of the day.

"Club Days is very important date for the club because it gives us a chance to introduce ourselves to the university and inform people what we offer

throughout the year. It's the best chance to attract people to become members of our club."

Anyone can start up a club at Laurentian University; all you have to do is register it at the Students' General Association (SGA).

The task of selecting events to be held, what the club offers and setting up an executive is all left to the discretion of the individual club.

Siller describes what that was like when it came to preparing for club days.

"During Club Days me and my exec made a schedule so that there was at least two executive members at the table of our club at all times so that people could be informed on what our club is all about and the events we offer. We tried to decorate the table according to our club, in our case Hispanic culture, so we spiced it

up with posters of salsa dancers, a colorful Mexican tablecloth and awesome Latin music, and people were loving it."

Currently, there are 25 clubs that are available for students to join at Laurentian University.

Club Days is a way to see what other students at Laurentian are up to, with a positive atmosphere. Elsasser stated that "club days makes it possible for you to meet other club executives and initiate plans to have co-events."

Also, the atmosphere is great, everyone is excited about their club, and it's really fun to get to mingle with the students around and promote extracurricular involvement."

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# Alisic thriving as captain



Photo by Ron Guillet

**Davor Alisic reached a career-high six goals in eight games as captain.**

**BY RON GUILLET**

Laurentian Voyageur Davor Alisic has reached a career-high with six goals in eight games, thriving under the new role as team captain in his final season.

Not coincidentally, Alisic has a career-high of 13 shots, which is already three more than his previous high in 2009-10 in which he played 13 games. Alisic's six goals ranks him in a tie for third in the Ontario University Athletics, and second in the East division.

While the Laurentian Voyageurs are battling to reach .500 with a 4-5 record, the team has won three of their last four games and look to erase a slow start to the season.

If he continues at his current pace, Alisic should help the Voyageurs' push for a berth into the top three in the East, which would secure a home playoff game.

Alisic certainly has the soccer background to pull it off. He was born in Banja Luka, Bosnia, and later

moved to Prince Edward Island at the age of five. Alisic found his way to Sudbury to pursue a degree in Geography.

"Being born in Europe, and having been surrounded by family that follows the game and that has played it at a reasonably high level, made it easy for me to jump right into the sport at a very young age," Alisic said.

Alisic said his time with the armband has helped him mature on the pitch.

"I think it's helped me grow on the field for sure," Alisic said. "You have to lead by example and be focused every time you go out there. There's a bunch of guys on our team who are new to this league and being able to provide them with some advice through my experiences is important since it is a unique league in terms of play."

Alisic plays an aggressive game and is frequently in the mix when the Voyageurs are scoring goals or creating

chances in the box. The captain is observant of players in La Liga and the Barclays Premier League in order to diversify his game.

"There isn't one specific player that I try to model my game after," Alisic said. "I try and absorb and take qualities for several players from what I see, because today's game forces players to be more dynamic instead of just having one quality. I envy players like Andres Iniesta and Xavi (Hernandez) who see the field so well, and strikers like Wayne Rooney and Robin van Persie, who make finishing look so easy."

The Voyageurs currently sit in fourth place in the East, and Alisic is ready to lead the team to new heights as they approach the playoffs.

"Since I've been here we have made the playoffs every year," Alisic, currently in his fifth year, said. "However, this is the first year that any one out of the top six playoff teams can win the division. We have 10 new faces on the roster so it's important for us

to use the season to work out the kinks and address certain issues so that we can hit our stride and gel as a unit come playoff time."

Once Alisic's tenure with the Voyageurs is over, he plans on continuing his soccer career in some capacity.

"I'll definitely stay involved in the game after my time here is done," Alisic said. "There's a couple opportunities in the Canadian Soccer League that I could explore in April, so that is an option. However, it mainly comes down to timing and other focuses that I will have such as further schooling to help build off my first degree. I have strong intentions of coaching and helping develop young players."

One of those opportunities is with the St. Catharines Roma Wolves of the CSL, who took in former captain James Bond this summer. Alisic attended a training session with the team and could join them in April. [ronguillet@gmail.com](mailto:ronguillet@gmail.com)

# Pitton leads Lady Vees by example

**BY RON GUILLET**

Perhaps the old adage that "the best defense is a good offense" isn't true after all, at least in the case of the Laurentian Lady Vees captain, Amy-Lynn Pitton.

The Lady Vees are one point removed, with six games remaining in the regular season, from second place in the Ontario University Athletics East division, which would award the team a bye in the first round of the playoffs. Pitton has been instrumental for the Lady Vees backline, which is ranked third in the goals against category with nine goals conceded in 10 games.

While Pitton has been the anchor for the Lady Vees' backline, the 23-year-old is not from a soccer background.

"I have been playing soccer since I was 10 years old," Pitton said. "Truth be told, I came from a hockey family. Both of my older brothers currently play professional hockey, both drafted

to the NHL. When I first decided I wanted to play soccer my family looked at me funny because it was a sport we all knew nothing about."

Pitton's two older brothers are Jason and Bryan Pitton. Jason, who currently plays for the Fife Flyers in the EIHL, was drafted 244th overall in the 2004 NHL Entry Draft by the New York Islanders. Younger brother Bryan, who also plays for the Flyers, was drafted 133rd overall in the 2006 NHL Entry Draft by the Edmonton Oilers.

While Pitton may have hockey in her DNA, she chose to pursue soccer and is now wearing the armband for the Lady Vees. Pitton plays more soccer than she watches, but she tries to model her game after an Italian footballer.

"Since I grew up without having a soccer background I have never really watched the sport to be honest," Pitton said. "The only time I typically watch soccer is when the

World Cup and Euro Championship comes along. Since my background is Italian I find myself relating mostly to Gennaro Gattuso. He is a defensive midfielder who goes into tackles strong and fights hard to stay on his feet."

Since Pitton was appointed as captain in 2010, she said she has matured and gained confidence.

"I do feel as though being the team's captain has helped me grow both on and off the field," Pitton said. "Since I was made team captain the first year I came to the university, I feel as if I have learned over this time what works and what doesn't work when it comes to speaking with the team and trying to get them motivated and excited for each season, game or practice. I've learned the best way to teach the girls is by leading by example and I have learned that the respect you give your team comes back to you in great amounts. Off the field

the captain duties seem to be even busier with organizing schedules and trying to be there for 24 athletes and their questions. I feel as though being captain of this team has, in a sense, prepared me for my life."

Pitton plans on honing her craft until her body is no longer able. She plays in the Ontario Womens Soccer League in the summer for the Erin Mills Eagles, and has coached the Mississauga Falcons in the Ontario Youth Soccer League for the past five years.

"I see coaching as my way of playing soccer for the rest of my life," Pitton said.

Although Pitton began playing soccer to keep busy, the sport is now embedded in her psyche.

"Soccer has impacted my life in a great and positive way," Pitton said. "It started off as just a sport that I was playing to fill time and to exercise. But over the years it has become a way of life for me. Without it I feel

as if I'm truly missing a part of me. It has opened plenty of opportunities for me and for that I am grateful."

Pitton has high expectations grounded in reality for herself and the team.

"My personal expectations for myself this year is to maintain the respect that I currently have from my teammates," Pitton said. "I expect myself to be a good leader and role model for the younger girls coming in and I wish to be there whenever my teammates need me both on and off the field. I expect to lead by example and to always motivate the team to play hard. As a team, I expect nothing less than to make final four. We are a young team, with many new faces, but we have heart. Everybody on this team is affected by defeat and that tells me that we have what it takes to make it far this season."

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# Voyageurs find success on road

**BY RON GUILLET**

The Laurentian Voyageurs returned home from a four game road trip with a 3-1 record, erasing their slow start to the season.

The Voyageurs traveled to Kingston on Sept. 22 and 23 to face the RMC Paladins and Queen's Gaels, respectively. The Voyageurs display solid form as they took on the Paladins, dominating possession and forcing them into their own end for much of the game. Aaron Reeves struck first for the Voyageurs, scoring his first career goal. Alisic, who is ranked second in OUA East division for goals, scored his fourth after he curled a free kick past the goalkeeper. Cameron Brooks earned the man of the match, as he's been an anchor for the Voyageurs' backline. Laurentian took on the Gaels the following day in what was a close match-up. Laurentian had 10 shots on target and had a strong showing defensively, but Queen's midfielder Chris Michael scored the only goal of the game in the 63rd minute.

On Thursday, Sept.

27, the Voyageurs traveled to North Bay in a game against the Nipissing Lakers. Laurentian's defensive game remained consistent, but it was goalkeeper Matt George who backed the team to a 1-0 shutout against Nipissing. Alisic scored his fifth goal of the season in 77th minute after a deflected shot found the back of the net.

Laurentian coach Carlo Castrechino was pleased with his team's efforts as they put away their slow start to the season.

"We have been playing better football of late and it has shown in our last three road games," Castrechino said. "We have two wins from those games and only conceded one goal against. We are creating more scoring chances; we just need to be finding the back of the net with more consistency."

Castrechino believes Laurentian's backline is key moving forward.

"To finish the season strong we need to continue our strong defensive play and get on a roll for the playoffs," Castrechino said. "The goals

will come eventually. Not only will that help our defence but it will also make us tough to play as we gear towards the playoffs."

The Voyageurs did just that as they took on the Trent Excalibur on Saturday, Sept. 29, in the last game of their road trip. Having just one win in the season thus far, Laurentian looked to pick up three points in their pursuit of the top three in the OUA East. It appeared as if neither team could find the back of the net, but Alisic came through in the 86th minute to score his sixth goal of the season, ranking him third in the OUA, to give the Voyageurs the 1-0 win. George continued his solid play between the pipes with his third clean sheet in the last four games.

The Voyageurs now sit in fourth place in the OUA East division, and one win removed from the third place Ryerson Rams. Laurentian's next home game will be on Oct. 7 against the Carleton Ravens and Oct. 13 and 14 against the Paladins and Gaels, respectively.

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Photo by Ron Guillet

**LU defender Cameron Brooks was MVP against the Paladins on Sept. 22.**

## Intramurals: Beach volleyball results

**BY CAMERYN BEAUDRY AND TIM FELGER**

Voyageur Campus Recreation kicked off the non-competitive beach volleyball tournament last Friday, with a total of eight teams to enjoy outdoor fitness and new friendships.

Teams enjoyed lots of tournament play, off court games and some decent sunshine with about a five minute shower of rain. Awards were given for the top three teams and to the team that won the off court award for a game of keep up. Numerous awards were also given to; most sportsman like player, most excited player, happiest player, shortest player, tallest player and last but not least the cheer-up award. The standings for the tournament are as follows (in order):

The Deuces, T-Birds/ Sets on the beach (fused teams), French Connection, Slap my balls, Team A, The Stallions, and Shank my serve.

The tournament started at 2 p.m. and went to 6 p.m. as scheduled.

## Lady Vees battle for home playoff game

**BY RON GUILLET**

The Laurentian Lady Vees hit the road to play four away games during the past two weeks and returned home with a 2-2 record and third place in the Ontario University Athletics East division.

The Lady Vees played the RMC Paladins on Saturday, Sept. 22, in what was a defensive match-up. Both sides only managed six shots on target, but the Vees' backline once again kept the team in the game until the dying minutes. The Paladins' Michelle Hamilton scored the game's only goal in the 78th minute with a shot from outside the box. The following day the Lady Vees took on the Queen's Gaels in what was a crucial game for positioning in the standings. The Gaels entered the game having the second-ranked offense in the OUA East division, and it was on display as they broke through the Lady Vees' backline in the 6th minute with a goal from Breanna Burton. Burton,

ranked fifth in the OUA for goals, added her second of the game in the 15th minute to put Laurentian down by two. Julie Lopez cut the deficit in half in the 27th minute, providing Laurentian with some hope entering the second half. The Gaels would add to their lead, however, and bury two more goals in the second half to claim a 4-1 victory.

The Lady Vees looked to rebound on Wednesday, Sept. 27, against the Nipissing Lakers after losing two out of their last three games. The Lakers had no wins entering the game, so Laurentian was looking to pick up an easy three points and gain some momentum moving forward. Crystal-Ann Hackett did just that for Laurentian, scoring the first goal in the 4th minute. The Vees dominated possession throughout, forcing the Lakers in their own end for much of the half. Lopez scored his third goal of the season in the 33rd minute, putting her team up by two entering the

second half. Richelle Greenwood earned her fourth clean sheet of the season in the 2-0 victory with some help from a solid backline.

The Lady Vees then faced the Trent Excalibur on the road on Saturday, Sept. 29. Laurentian unloaded 14 shots on target in the game, but goalkeeper Emily Webb was pivotal for the Excalibur. Hackett eventually broke through for Laurentian with a goal in 54th minute. Once again the Laurentian backline and Greenwood closed the game for the Lady Vees and ensured they hung on for the 1-0 victory.

The Lady Vees improved their record to 6-3-1 to move into third place in the OUA East. Laurentian hosts the Ottawa Gee-Gees and Carleton Ravens on Saturday, Oct. 6, and Sunday, Oct. 7.

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# Rabey's round-up: Should football have a salary cap?

BY MATT RABEY

On Aug. 29 Bayern Munich splashed out \$40-million Euros for Javi Martinez in a Bundesliga record transfer fee. With salary and transfer records being broken almost every season the question is raised, should salaries be capped?

As long as people do not mind the occasional team going bankrupt and tanking or in some cases the entire league.

According to The Guardian, player's salaries have risen %1500 in the last 20 years. This is not just a phenomenon affecting the EPL; every large league in Europe has been experiencing similar salary increases.

One league, however, that does not experience these outrageous salary increases is Major League Soccer in North America.

The league has capped players salaries with the exception of three per team, designated players.

This was a direct result of the lessons learned from the collapsed North American

Soccer League.

This league became infamous as the only league to feature Brazilian legend Pelé and other big names like German Franz Beckenbauer.

The league, however, was operating at a horrible loss and eventually collapsed due to bankruptcy.

The problem with this is that it does not encourage the best footballers in world to play in this league until they are getting close to retirement (Henry, Frings, Beckham to name a few).

To anyone who has watched an EPL match and then watched the MLS, the difference in quality is very evident.

The difference in quality though means that the fans and owners are bearing the brunt of the expensive salaries and it is only a matter of time before we see more large clubs like Rangers FC and Portsmouth FC enter administration.

So, should the European leagues follow suit with the MLS? For starters, if only one league did then you would see high priced players jump ship

for the nearest league that would pay them lavishly.

The decision to cap salaries would have to be unanimous amongst the biggest leagues and I'm not sure that this level of co-operation would be possible.

Capping salaries would make for a much more level playing field, but then at the same time, the joy of watching an entire team of the world's best compete would be lost.

Personally, I do not think that salary caps will be introduced in Europe and from a fan's standpoint; I do not want to see them. Money does not always buy the trophy, but it certainly helps.

As it stands, I can watch two teams play, not like either and still get joy from watching the little guy become the underdog story and overachieve.

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## LU runners finish second in Waterloo



Photo by Sabrina Doyle

### Laurentian placed second in the Waterloo Open.

BY LAMBDA STAFF

The Laurentian women cross-country team competed at the Waterloo Open this weekend, placing a close second in the six-team race. The host Waterloo Warriors won the event with a score of 41 points, with Laurentian close behind at 43 points.

The Voyageurs placed ahead of York, Laurier, Brock and Trent.

Rookie Samantha Edwards (Toronto) once again led the way, running to a fourth-place finish and a personal best time of 18:59 seconds over the five kilometre course. Gracie Tetzlaff (Trenton) placed 7th in 19:26; Katie Wismer (Sudbury) was 13th in 19:44; rookie Coralea Kappel

(Barrie) ran a personal best time of 19:49 to place 15th; Adrienne Wilson (Kitchener) was 18th in 20:03; Jenna Thornber (Uxbridge) was 32nd in 20:39 and Ruth Burrowes (Ottawa) was 38th with a time of 20:58.

"We've had a fun rivalry with Waterloo over the past few years and this race came down just a couple of places," said head coach, Dick Moss. "The girls ran well as a team, but also laid down excellent individual races, with most of them running either personal or seasonal bests."

The squad's next race is the Guelph Open on Oct. 13, to be followed two weeks later by the OUA Championships in Toronto.

# Swords leads Team Canada in FIBA U18

BY LAMBDA STAFF

Laurentian men's basketball head coach, Shawn Swords, is on his way to Spain as part of Basketball Canada's delegation for the FIBA U18 3x3 Championship. Swords will be coaching the four player men's team during the tournament, which runs Sept. 28-30 in Alcobendas, Spain.

Swords has been a part of Basketball Canada's national team program, both as a player

and a coach, for a number of years but the FIBA U18 3x3 Championship marks his first time as the head coach of a national team.

Canada's U18 men's team is comprised of Brody Clarke (Toronto, ON), Chris McComber (Nepean, ON), Marko Pirovic (Bolton, ON) and Troy Reid-Knight (Vaughn, ON).

The men's U18 team was placed in Group A with Belize,

China, France, Iran, New Zealand, Poland and Slovakia. The first team of each group will advance to the quarterfinals, the second and third team of each group will play a preliminary heat, from which four teams will advance to quarterfinals.

For a complete schedule and up-to-date results, visit <http://spain2012.fiba.com/>. [lambda@laurentian.ca](mailto:lambda@laurentian.ca)

## Laurentian Voyageurs inducting class of 2012

BY LAMBDA STAFF

Laurentian is inducting another class into the Alumni Voyageur Hall of Fame in October. This year's event will be Friday, October 12th at Bryston's on the Park in Copper Cliff and the inductees include Stephanie Harrison, Ted Dongelmans and the 1997-98 Women's Basketball Team.

Harrison was a multiple OUA All-Star and prolific scorer for the Lady Vees in the late '90s. Dongelmans led the Voyageurs to their most recent OUA Championship before embarking on a short professional career. The 1997-98 team is the

last Laurentian squad to medal at Nationals and included a number of players who represented Canada internationally.

Join us on this great evening in recognizing some of Laurentian's greatest athletes. The event includes a reception, dinner and the induction ceremony. Tickets are \$60 and are available by contacting the Laurentian Alumni Office at 705-675-4818.

[lambda@laurentian.ca](mailto:lambda@laurentian.ca)



# Flash mob promotes LU in Toronto

BY RYEN VELDHUIS

Early on Friday, Sep. 28, at 5:30 a.m., a bus left the Laurentian campus carrying about 30 students on a long ride to Toronto.

Every year in Toronto the Ontario University Fair is held over the course of a weekend. It is the second largest convention fair in North America and sees about 130,000 students during its weekend run. Laurentian, along with 20 other universities, prepares booths to attract soon-to-be high school graduates, but this year Laurentian had something special. "Every year Laurentian steps it up a notch," said Ryan Demers, the secondary school liaison coordinator at Laurentian University.

The past two years Demers has been organizing, Laurentian acquired a new booth and presentation room. "Usually a presentation room is auditorium style: there're a bunch of chairs and someone in front presenting," said Demers. "We decided to bring a piece of the campus with us."

The Laurentian presentation booth is divided into four quadrants, each representing a part of the experience. There

was the beach, the residence, the gym and an Alumni section included. Demers said that over the years they have improved the booth and presentation room and claimed that the "booth is actually so big this year that we had to add an emergency exit in case of a fire."

In his third year coordinating, Demers organized a flash mob. "We were brainstorming," said Demers. "And I just kind of shot out the idea and someone was like, 'Yeah, let's do it' so then I got really excited and then it blossomed into a high school competition."

A flash mob is a group of people who rehearse a dance, show up in a public place unannounced and start dancing. The flash mob had about 50 participants and took place just before noon. Many bystanders looked in awe as they coordinated the dance and finished with a plane circling overhead pulling a Laurentian banner.

"We were trying to figure out a good bang for the end," said Demers. "And we needed to get a way to get the Laurentian name attached to it.

We had thought of banners and it was just too expensive and the wow factor just wasn't there. So then one day I just sent an e-mail to marketing and just as a joke I said, 'For this price we might as well just get a plane pulling a banner,' and I totally laughed when I sent the e-mail off. Not even five minutes later I get a message back that says, 'That's a great idea.' So then I ran with it and looked into it and it was actually cheaper. It was great."

The plane came back the same time every day for the remainder of the weekend.

The flash mob was not only to promote Laurentian, but Demers claimed that is being used to get high school students

across Ontario to engage in a competition. The schools are to organise a flash mob in response to what was done on Friday by Laurentian and whichever produces the best will win \$10,000 for their prom. Demers is very excited to see how it will play out.

Laurentian students in the flash mob were positive in Toronto and pleased with the results of their hard work. Natasha McLean, a fourth year Religious Studies student, said "everything went really well. Ryan Demers did an excellent job." Before the students got on the bus to leave, Demers went around thanking all of the participants. "I'm so proud of everyone," he said. "I could have never done this alone."

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## (Humour) Student actually uses statistics in his real life

BY FRANK MOZETTA

Friday, September 21, 2012, started off like a day like any other for Greg Chamberland, a third year Psychology student who attends Laurentian University, the top Canadian University (by 2017), but by the time it had ended, Greg would be part of an event that was so statistically unlikely that you would have better odds of being hit by lightning, while winning the lottery after finishing a night of strenuous lovemaking with Natalie Portman. He used statistics in his real life.

Greg recalls the moment, "I was sitting in my dorm room with two of my friends flipping a Loonie in the air while talking about how the feeling of emerging excellence in Laurentian University was almost palpable. When Tom, one of my friends, notices the coin came up heads four times in a row. So he says there is "No way it would come up heads again". But I remembered

from my statistics class that the next coin flip would be an independent trial and its outcome would not be influenced by prior events. So the odds should still be fifty/fifty that it comes up heads on the next flip. So I bet him \$10 to my Loonie that it would come up heads again. He accepted and it came up heads. Tom had fallen victim to the Gambler's Fallacy.

After realizing this was the first time in his life he had used something he learned in class in real life he did some checking and found out none of the other people on his floor could remember it ever happening. "I figured this might be something the Lambda might want to report on. I mean they cover things like a Starbucks' opening, so why the hell not?"

Lambda did some investigative reporting (i.e. Googled stuff) and found that this was the first time in the last 34 years that someone had used

something they learned in statistics class in real life. The last time it happened was in 1978 in Winnipeg Manitoba when Susan Hadder used it to explain to her husband that not every man can be a better than average lover, at most only 50% of male population could be.

Greg was impressed not only that he used his statistical knowledge in real life but that he remembered it at all. "Usually, I forget everything after I am done an exam for a class but for some reason this fact stuck in my brain. Probably because I like gambling. Lucky for me it did stick because it helped me win \$10. If I do that 3000 more times my education is going to pay for itself. But the odds of that are probably pretty low. I was texting my friend and watching Breaking Bad on my laptop during the class on probability, so I can't be sure."

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# The rise of anxiety disorders among Canadian post-secondary students

NEW WESTMINSTER (CUP) — Whether it's packing on the freshman 15, staying up all night cramming for exams, or spending thousands of dollars on never-opened textbooks, there are many downers to expect when you enter post-secondary and move into your twenties.

However, something that most people don't talk about — but many experience — are the serious and sometimes debilitating anxiety disorders that often emerge during peoples' time as post-secondary students.

What is anxiety?

AnxietyBC, a non-profit organization that focuses on generating awareness for anxiety disorders, identifies this category of mood disorders as most common mental health issue afflicting citizens of their home province. According to research conducted by AnxietyBC, social anxiety disorder, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder and agoraphobia, post-traumatic stress disorder and specific phobias currently affect over 400,000 people in the province.

One of the problems with anxiety is that it — unlike a broken bone — can be difficult to identify or classify its symptoms. The signs and symptoms of anxiety can be numerous and sometimes nebulous, ranging from the physical (heart palpitations, dizziness, nausea, and muscle

tension) to the emotional (mood swings, fear, depression, and apprehension).

As a result, it can be difficult for individuals to determine if they are experiencing the normal ups-and-downs of living, or if they are suffering from an anxiety disorder.

According to Dave Gallson, associate national executive director of the Mood Disorders Society of Canada,

"A recent study is claiming five times as many high school and college students are dealing with anxiety and other mental health issues as youth of the same age who were studied in the Great Depression era."

Gallson explains that there is indeed an increase in the occurrences of mood disorders acknowledged by those in the prime post-secondary age range of 18-25.

"[Twelve per cent] of Canadians will experience an anxiety disorder, and 75 per cent of those will have their first episode before they reach their 22nd birthday."

But, life is hard in general for everybody, so why are college students so ripe for anxiety nowadays?

"College is usually the first time away from home on a steady basis for many students. They walk in to [it] leaving their usual network of support back in their homes and communities. Meeting new people, getting along with new roommates,

navigating new social situations and pressures, maintaining academic responsibilities, being potentially exposed to parties, alcohol or drugs, and having to manage their own finances can certainly lead many students to becoming frazzled, overwhelmed, and stressed."

Indeed, Lucy, a recent BC university graduate who deals with a number of anxiety disorders, noticed that her symptoms of anxiety — crippling emotional and sometimes physical reactions to certain situations — intensified greatly when she went away to college and moved into adulthood, causing stress in her personal relationships and her employment.

Lucy, however, suggests that generational issues might be underpinning why her and her peers seem to suffer from anxiety in their youth at greater rates than those before them.

"We were all raised with these specific expectations of life — I was raised with the idea that 'You can be whatever you want to be,' but the reality is that you can't."

"There are factors like money, and talent, and luck that make our parents' liars. When we find we're not adequately equipped to deal with the actual world, it scares us. We are not all special, but we were told that we were going to be and so when we grow up and realize we aren't, we don't know what to do."

If anxiety is affecting more and more students, how are students to

cope?

First of all, try not to panic, says Arto Tienaho, executive directory of AnxietyBC. "Anxiety is normal, we all experience it but we don't all have an anxiety disorder."

Mild to moderate anxiety is extremely common, and AnxietyBC suggests that using general self-help awareness strategies can be used to cope.

Strategies like learning about and understanding the signs of anxiety, using breathing and relaxation techniques, and facing fears through exposure can help manage anxiety if symptoms are mild.

However, there comes a point where anxiety can develop into a disorder, in which case it may require further treatment. In these cases, Tienaho notes "anxiety is highly treatable with treatment options such as cognitive behavioral therapy."

Cognitive behavioral therapy, or CBT, is an evidence-based psychological treatment for mood disorders like those related to anxiety. CBT focuses on the idea that our thoughts and emotions impact our behavior, and strives to help people pinpoint and understand the thoughts that cause anxiety, and then find ways to look at situations from a more balanced perspective.

The stigma of mental health issues

Although anxiety disorders are treatable when people

recognize them, some are wary of acknowledging their struggle due to the lingering stigma of mental health issues.

According to the Canadian Mental Health Association, "public attitudes and beliefs, often based on fear and misunderstanding, stereotype individual with mental illness, exposing them to prejudice and discrimination."

The unfortunate byproduct of this stigma is that, for those who have been diagnosed with anxiety disorders, there can be an overwhelming sense of being alone in the struggle, even if surrounded by a classroom of others who may quietly share the experience.

"The thing with anxiety that I've learned is that you're actually sick, but people can't see it so they perceive you as just being weak ... or you're afraid that people will see you that way, and that starts a whole cycle of issues," Lucy said. "I feel like I'm doing it, life, wrong, and I don't understand why I can't glide through things like people around me seem to."

For more information on anxiety disorders or cognitive behavioral therapy, visit [anxietybc.com](http://anxietybc.com). For more information on mood disorders in Canada, visit the Mood Disorders Society of Canada website at [moooddisorderscanada.ca](http://moooddisorderscanada.ca)

## Health problems not simply the result of lifestyle choices

WATERLOO (CUP) — The growing number of "sugar-free," "no trans-fats" and "reduced salt" products in grocery stores suggest that Canadians are trying to make healthy choices. However, according to Dr. Bruce Lanphear, a Canadian Institutes of Health Research (CIHR)-funded researcher currently studying the the environment's effect on health, there are some factors that people have little control over and of which they may not even be aware.

Dr. Lanphear has been involved in research for almost 20 years and while he focuses on industrial pollutants and environmental chemicals, there are many other important environmental factors that he tries to take into account. He defines the term "environment" broadly, explaining it involves "thinking about the environment as those conditions, those pollutants that either cause disease or disability

or make it convenient or inconvenient to adopt healthy lifestyles."

As the environment is often something most people have little control over, Dr. Lanphear emphasized that the federal and provincial government have a duty to correct the current conditions affecting the health of citizens. "Lifestyle is sort of a crutch. It's easy for a federal agency or [World Health Organization], for example, to blame people for their own problems — 'That person chose to smoke, that person chose not to be physically active,'" he said. "When we think of environment, often times in public health we think about those things that create the conditions for disease, so it's not so much blaming people for their lifestyle choices but things like how close [somebody lives] to the highway or an industrial plant, and the industrial pollutants that are emitted which they can't control."

Factors that affect health and can lead to problems such as heart disease — the leading cause of death worldwide — include air pollution, lead exposure, blood lead levels and tobacco exposure.

"There have been a number of studies that show when you ban smoking in public places there are fairly striking reductions in acute heart attacks," said Dr. Lanphear. "Even low levels, levels that we thought were innocuous even a decade ago, we're now beginning to recognize can have a profound impact on disease and even death."

Lead exposure is also much more damaging than is commonly believed and is also linked to heart disease and other health issues. "In other cases, like with mental health problems, ADHD or criminal behaviour — anti-social behaviours, as we call them — there are other factors like lead exposure again, which people have relatively

little control over," he added.

Lanphear suggested some simple short-term solutions to help people reduce the potentially harmful effects of their environment, advising people to buy fresh foods to avoid pesticides that conventional produce might contain, avoid smoking and permitting smoking in their households, and finally, to try to take advantage of public transportation.

"What we ultimately need to do is to find ways to dramatically reduce the allowable levels of industrial pollutants and environmental chemicals in the air and in our foods in particular, but also in the water we drink," he said. "For that, we really have to rely on federal agencies or provincial government to help control those kinds of exposures because it's really beyond the ability of most of us."



# LUPSA prepare for Model Parliament

BY LIANNA PISANI

Although this academic year's Model Parliament does not take place until Jan. 10-13, 2013, the Laurentian University Political Science Association, LUPSA, is already gearing up for the event.

Mark Mancini, President of LUPSA, is responsible for both overseeing Model Parliament and LUPSA activity on campus.

"I see my responsibilities on two fronts," says Mancini. "The first is to organize Model Parliament and ensure that it's a successful event. It has a very long history in the university and the wider community.

"My second job is to promote our organization and to promote the discipline of political science across the university. There are a number of things that we try to do throughout the year to do that: pub nights, round-table discussions."

LUPSA hopes to make a greater presence on campus this academic year.

In preparation for Model Parliament, LUPSA is beginning to accept applications and make proper arrangements, as the event takes place in Ottawa.

"Applications first went out last week, so we've been getting some in and distributing them to classes. We've been doing a lot of the bookings for buses, the hotel, the banquet halls," says Mancini. LUPSA must also soon select who will have the title of a party leader at Model Parliament.

The event is inclusive of Laurentian's Barrie campus, as well. LUPSA stays well-connected with students from the Barrie campus throughout the planning of Model Parliament.

"I think something important to note is that the Barrie campus plays a huge role. They have a number of students who attend; their numbers have always been steadily increase for this event. We are expecting their enthusiasm to be even bigger this year," Mancini says.

Students can look forward to a significant change being made in regards to which party will be in power.

"One of the changes we made this year is instead of having the Conservatives in government, the NPD will be in government. We will see what kind of leadership roles come up in terms of that," Mancini says. "We felt that

the Conservatives have been in power in Model Parliament terms for a number of years and, generally, it's the same result every time— that the government falls. We felt that this would be an interesting change and would get some excitement going."

Though January is a few months away, students involved in Model Parliament begin preparing as soon as party members are chosen, and some of their preparation continues up until the night before and first day of the event.

Mancini believes that Model Parliament should be an inclusive, fun experience for all students, and promote student engagement.

"We'd really like to try choosing party leaders who are planning to be very inclusive of their party, because a lot of times— in the past— it has happened that party leaders focused their party toward third and fourth year students that are there," Mancini says. "I would encourage any first or second year student who wants to do Model Parliament to do it this year."

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## Communications program sponsors disco film

BY KAYLA PERRY

Cinefest, Sudbury's International Film Festival, started on Saturday, Sept. 15.

What you may not know is that this year, Laurentian University became a contributor to the festival. For the first time, Huntington University's Communication Studies program has decided to sponsor a film; "The (Secret) Disco Revolution." The film, which played at Cinefest on Friday, Sept. 21, was directed by Jamie Kastner, and is an 84 minute feature on how the disco revolution liberated women, African-Americans and gay men. The film was also featured in Toronto's International Film Festival, and is Kastner's fifth film.

Cinefest has been an annual event in

Sudbury since 1989, and has been known to attract large tourist groups to northern Ontario. Dr. Janis Goldie, Chair of the Communication Studies Program, believed that sponsoring Kastner's latest film was well worth it, stating at the film's Cinefest premier "the film industry is extremely relevant to the communications program."

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# What universities don't teach you

BY ANDY VEILLEUX

For all the things the education system does teach you, there are so many things they can not.

Some of these things are trivial. They have to do with drinking, dealing with the opposite sex, how to live with a whole whack of people who may not want to party as much as you or may be party animals— but there are all kinds of topics that are never even brought up.

Universities — despite the sometimes lofty impression they have as a place where students have their minds expanded — are actually fairly rigid in what they teach.

Neil Gaiman, the famed comic writer and novelist, spoke about what schools do not teach students in his masterpiece Sandman:

"They don't teach you how to love somebody. They don't teach you how to be famous. They don't teach you how to be rich or how to be poor. They don't teach you how to walk away from someone you don't love any longer. They don't teach you how to know what's going on in someone else's mind. They don't teach you what to say to someone who's dying. They don't teach you anything worth knowing."

He hits the nail on the head. This is a short list of what you don't learn in school.

It's a tragic, depressing list, but it's accurate.

They don't even teach you much about things they focus on, like marks.

Marks are numbers assigned subjectively by professors, and some students will fall apart depending on the smallest number difference. Of course, marks are not entirely subjective, and the level of subjectivity depends on the course.

One's career and future university prospects could hinge on a professor granting you an A or C, failing you for attendance or looking the other way, and even whether or not your opinion is acceptable to them.

Many people might not be comfortable accepting the last bit of that statement, but it's true. Some professors are so stuck in their opinions that differing from what they believe to be true is seen as wrong.

Of course, some students make ridiculous statements that can be understood as false by anybody with half a brain and a high school education, but I mean the subjective debates. This is where the 'choose your battles wisely' philosophy comes into play.

Learn your professors. The earlier you learn how they are, the sooner you can adapt to what they are expecting of you.

Students should not have to cater to professors and their various teaching styles, but that is the nature of the beast.

If you find a professor you get along with, and learn from, take their courses.

It is annoying when I hear others asking which professors are the easiest markers.

Granted, high marks make academia go round, but they don't mean you have received a solid education.

You will be better off taking courses with the professor who challenges you to be better, rather than the one who hands out B's and A's for attendance.

Of course, some professors will challenge you in ways that pad their ego, as opposed to helping you grow, but that is also a valuable learning experience.

Don't be afraid to try something and fail. That applies to the sports team you have been thinking of trying out for, running for student government or anything else that you can try to do.

Failure is a valuable experience, but only if you learn from it and move forward.

Of course, one must ask — how could schools be responsible for teaching students about all of these important topics when the only real teacher is experience?

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# Board members hope new U of S lounge will be 'hot spot' on campus

BY KAYLA PERRY

Thursday, Sept. 20, brought the unveiling of the Ludger and Amanda Michel lounge, which is located on the first floor of the University of Sudbury.

The afternoon unveiling featured catering from the lounge's very own Electric Avenue Bistro, as well as jazz music from a local band.

The lounge, formally known as the Ludger and Amanda Michel University Commons, was founded by the eight Michel children. Chancellor Gerald Michel, one of the eight family members and a retired Judge who had worked in Sudbury courts since 1968, was touched by the turn out of staff and faculty that afternoon. Along with University associates, the Chancellors entire family – including his seven brothers and sisters, as well as an abundance of children and grandchildren – were all present for the

unveiling.

Josee Forest-Niesign, Chair of the Board, hopes that "the lounge will give the University of Sudbury more of a presence on campus. It is a place where students can gather to mingle and study. (The University of Sudbury) needed a place where people feel welcome." Forest-Niesign hopes that the lounge will be considered a "hot-spot" on campus.

The unveiling began with a touching speech given by the Chancellor, in which the Chancellor thanked everyone for attending, and hoped that "the lounge will be used and loved by all, and treated with the respect our parents taught us." To the Chancellor, family is extremely important, stating that "(He) was the first one in (his) family to get a University education. My family and I were born and raised in Sudbury – it is our home."

According to the Chancellor, the credit for the development of the lounge belongs to University of Sudbury President, Dr. Pierre Zundel. "It was not my family's idea," stated the Chancellor. "We are only contributors. We did not ask for the lounge to be named after us – that was the University's idea."

The U of S President, who seemed proud of the new development, explained that "the lounge will be open any time the University of Sudbury building is open, and will rarely be closed." The Presidents closing speech thanked the Michel family for their generous contributions to the lounge.

The lounge, complete with a fire place, tasteful artwork, couches and a calm setting, also includes the Electric Avenue Bistro, a popular local business. The President explained that this Bistro was chosen for the

lounge because "it is a local business, not industrial." While the Bistro offers a variety of sandwiches, desserts and beverages, student meal plans cannot be used at this location. Maher Kahlil, owner of the Bistro, said that he would "eventually like to open the Bistro to the use of meal plans, but (is not) sure how that would work with Anmark." For the time being, the Michel lounge is the only Electric Avenue Bistro location.

The Ledger and Amanda Michel lounge will be open to all Laurentian University students, and will be frequented by professors and staff alike. The lounge is a great place to study and do homework, or even enjoy a quick coffee with friends.

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## Pleasing beer drinkers in Ontario by feeding them choice

BY KEVIN ROCHE

My fellow beer drinkers, partiers, hop heads, cellar dwellers, guzzlers, quaffs, sippers, and suckers. We are swamped in the beer choices available to us today. We must literally soak up the suds when we attempt to make clearheaded choices for our most inebriated pastime. As beer drinkers in Ontario, over the past 30 years we now have more selection and choice available in the beer aisles at the LCBO and The Beer Store. In this article, I would like to help you decide which beer is the best for you and introduce you to the three main groups of beer; ales, lagers, and porters & stouts.

Ales are made from malted barley and brewer's yeast. You can buy ales such as Molson Export, Labatt 50 Ale, Alexander Keith's India Pale Ale, Rickards Red/Dark and Original White, and Sleeman Cream Ale/India Pale Ale and Original Dark. When you drink ale, expect a full-bodied drink containing the flavours of fruits, spices and hops. You can tell ale apart from a lager because ales are darker than lagers. Their colours range from a red amber to rich gold. Of the various types

of ale, there are bitter ales, cream ales, dark ales, pale ales, and wheat beer. They are made around room temperature. Because ales are a little heavier in taste, they aren't as good in hot summer weather. I think that ales are perfect drinks in the fall or winter

because of their warmth and typically higher alcohol content than lagers.

Lagers are the most popular among beer drinkers, and for good reason. They are lighter to drink, and excellent to have at camp or on a hot summer day. They are best enjoyed served cold. In fact, lagers are made at much colder


temperature than ales. If you were to drink a lager right now, it would probably be a Blue, Canadian, Budweiser, Coors Light, Creemore Lager and Pilsner, Heineken Lager, Moosehead, Sapporo, Sleeman Clear, Light, and Original Draught, or Steam Whistle. Lagers range in taste from sweet to bitter. They have a medium colour, and are more highly carbonated. Their lightness allows you to drink many, but their carbonation can cause gas, burps, or belching, so remember to pour it into a glass to release carbonation.


Porters and Stouts are not as

common as ales and lagers but they are a truly remarkable beer. Anyone who has had a few pints of Guinness can tell you that it is the beer that eats like a meal. Porters are dark beers, they almost look black. A stout is not as sweet but is rich, creamy, and flavoured and coloured with barley. Overall, there really isn't too much difference between a porter and a stout. Some common beers in this category are Guinness, Muskoka Chocolate Cranberry, Sleeman Fine Porter, Murphys Irish Stout, and St. Ambrose Oatmeal Stout. There are different types of these beers of course: there are porters, flavoured porters, dry stout, flavoured stout, oatmeal stout and cream stout.

So, why not take a break from studying and reflect on what you've learned by trying a type of beer you have not thought about before. Go ahead, get together with some friends, pick up a case, crack open some beer, and indulge in the varieties of beers available to us today. Just remember to always pour it out into a glass, this will allow you to enjoy all of your beer's aromas and flavours.

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# Column: How memory works

BY LUCAS TESSARO

It's a familiar story all students have – a couple of days before an exam, you finally decide it might be a good idea to start reviewing. Still, it's a few days off, and you don't give it much effort. Lo and behold it's the night before and you don't know anything – begin cram session.

You've always been told not to cram, but somehow it works this time. You manage to complete the exam without too much exertion, and you exit the gym thinking "solid 70-80." But next semester (or year) when you come back to the material, it's like you've never taken the class before.

Learning and memory are two complementary mental processes that cannot exist without the other. Learning is the modification of existing behaviours as a result of new experiences or information, which are stored as memories. All courses require some form

of memory – whether it is rote memory (events, dates, people) or the proper use of a technique (mathematics, analytical skills).

The brain has evolved a unique structure that is designed almost exclusively for memory – the hippocampus. Located within the temporal lobes, the hippocampus is necessary for the consolidation of new memories and experiences, and is absolutely vital to our autobiographical memories as well as spatial learning.

Yet contrary to popular belief, memory is not the result of a single structure. During the impression of a new memory, multiple regions of the brain are activated, contributing to the old adage that our consciousness is simply the summation of currently activated neurons. If your right temporal lobe is unusually activated during an event, you might feel like it had a more personal meaning to you than, say, if your left frontal lobes

were active.

Bringing this back to the introductory thought – studying – how can students maximize their use of time to prepare for exams?

First and foremost, the conditions that you study in need to mimic the conditions of the exam as much as possible. That means no music – part of the memories from studying will be linked to the concomitant activation of the auditory regions of the brain, so without the music it will be more difficult to recall the information. Even having excess caffeine during a study session can affect how well you will perform on an exam if the drug concentration (and let's face it, caffeine is a drug) is not the same.

Many of you will probably find it is easier to remember details when you write (not type) your own notes. Handwriting for most people is slower than typing, thereby giving your brain more

time to process the information, and again since you'll likely be writing your exam, be more familiar to the actual conditions of the exam.

In almost a common sense kind-of-way, repetition is key. The way memories are consolidated is through a process known as "long-term potentiation" or LTP. Briefly this process is the repeated stimulation pattern of the hippocampus associated with a particular memory, so when you are trying to recall this memory this pattern needs to be repeated. The brain "remembers" the pattern by neurons generating proteinacious dendritic spines that are used for the new pattern.

Recent research has shown that the best way to remember something is to review it in one-hour chunks. Kramár (2012) demonstrated experimentally that when a hippocampus is exposed to LTP separated one-hour, the

number of new dendritic spines is greater than in any other interval – under or over one-hour. In addition, Mach (2009) and Tessaro (2012) have shown that rats exposed to an electromagnetic field patterned of the LTP process perform significantly higher on tests of memory and learning than sham-exposed rats.

What does this mean to you? Let's just say with midterms just around the corner, it's never a good idea to cram the night before. Begin reviewing early, mimic the conditions of the exam, and review material within an appropriate timeframe (i.e. one hour) and breaking it into smaller chunks.

There are often workshops on campus for effective studying techniques as well, so if you feel you need more tips please attend one at your convenience.  
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## Avati performs comedy show at Laurentian

BY LIANNA PISANI

Australian-Italian comedian, Joe Avati, returned to Sudbury on Sept. 28 after seven years, performing his latest acts at Laurentian University, the second stop on his Canadian national tour.

The bottom half of the Fraser filled with students and Sudbury community members alike, most of an Italian background. Sudbury is a great location for the tour because of the large Italian community in the city.

"I think we do have a lot of fans here [in Sudbury]. We've been twice before; there's a good Italian fan-base here," said Avati. "My show is half in English, half in Italian, so I can really only work in areas where I'm going to draw a lot of Italians."

Avati draws much of his material from his own family experiences.

"I get a lot of inspiration from my family," Avati said. "I go back to my childhood a lot, and try and figure out

what was going on there. I also get a lot of stories through other people."

Emily La Russa, a Laurentian student, appreciated how Avati told stories about various generations of Italians, and wrote his show for a wider audience.

"Joe Avati was funny for all ages," La Russa said. "He left no one out – the parents, grandparents, children and grandchildren. His show was a mixture of truths, stereotypes and some sound advice which he pulled off with excellent comedic timing, and funny, yet clean jokes."

There were very few instances during Avati's show where the audience was quiet without laughter.

"Joe Avati retells what life is like for people growing up in an Italian household in such a humorous way that, although some events may seem unfathomable to many non-Italians, you just can't help but laugh," said Teresa Oppedisano, an Italian professor at

Laurentian.

Dr. Diana Iuele-Colilli, an Italian professor who helped in organizing the event, applauded Avati's execution of joking about what can be considered "culturally-sensitive issues."

Avati explored the differences between Italian families and "mangiacake" (English-speaking, Canadian) families without insulting members of the audience.

Dr. Iuele-Colilli said "his bits dedicated to 'guilt' and Italian mothers was right on the money. I loved his interaction with the audience, especially with the 'mangiacake' Jody. It really gave him the opportunity to highlight the differences between the Italian community in Canada and the English-speaking one."

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Photo by Lianna Pisani

Joe Avati performed in the Fraser Auditorium on Sept. 28.



# U of S opens Electric Avenue Bistro

On Tuesday, Sept. 4, the Electric Avenue Bistro opened its doors. Serving out of their broom closet of a kitchen, the duo of chef Kevin Hawley and barrista Justin Boivin are serving up gourmet meals and premium specialty coffees daily.

You may remember the bistro from its previous location in the downtown area but owner Maher Kahil moved the Electric Avenue into the newly renovated U of S lounge earlier this month. Being in the U of S, Electric Avenue doesn't fall into the Aramark jurisdiction and are free to serve what they want as an independent.

"The excitement to have something else than traditional pub fare like deep fried chicken fingers, french fries and hamburgers," says Kahil. "We try for fresher options, no fryers; we're doing sandwiches with fresh produce. We want to introduce things Aramark doesn't serve, at the same time we have the freedom to serve what we want, when we want and we essentially

listen to the students and see what the demands are. We are restricted with space and equipment, but other than that the sky is the limit."

The bistro's food menu features a range of items from an eggs and toast breakfast to the strawberry almond salad lunch, but the big seller is the hot sandwiches, says Kahil. When asked about the menu, Hawley said they "have done a lot of paninis, the nutella and banana panini has gone over very well. For entrees, the Italian



Photo by Ryan Neal

**The nutella and banana panini is a popular choice at the Electric Avenue Bistro.**

chicken is one of the highest sellers. I get really good reviews for the tomato, egg and guacamole."

They also offer a dessert menu with items such as the chocolate cannoli's made by their own local

independent baker.

A customer of the bistro, Crystal Way, had this to say about her experience: "It's my first time eating here and the food is fantastic and the atmosphere is great, and you don't have to walk down the hill."

The bistro is wasting no time and already expanding their menu with the addition of pizza, in collaboration with New Orleans Pizza. Later this month, Electric Avenue will also add soups and chili for the cold weather.

With the expanding food menu

comes the tea and coffee menu. They offer 60 varieties of loose-leaf tea to choose from.

"We have flavours with catchy names like 'John Lemon,'" says Hawley.

They also offer a range of premium coffees made from a blend of three coffees, two being fair trade, served by Boivin.

"We brought him in just for that extra level of experience and it's helped immensely," says Hawley.

The bistro has also opted to go eco-friendly.

"We have bio-degradable cups and lids, we don't serve anything with Styrofoam," says Kahil. "We try to use ceramic cups and plates as much as possible. We want the students to have the best experience when they are in here."

The Electric Avenue Bistro is open Monday to Thursday from 8 a.m. to 5 p.m. and Friday from 8 a.m. to 2 p.m.  
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## Environmental Defence warn of harmful toxins

BY LIANNA PISANI

The Toronto-based organization, Environmental Defence, visited the Laurentian campus on Tuesday, Sep. 18, to promote awareness regarding what they refer to as "the Toxic Ten."

Environmental Defence was stationed outside of the Great Hall until 4 p.m., and representatives talked to students passing by their display throughout the day.

The Toxic Program Manager, Maggie MacDonald, explains the Just Beautiful campaign about identifying and making known the toxins in common cosmetic products.

"Environmental Defence has been working on the issue of toxic chemicals and human health—toxic pollution in the environment but also in our bodies—since 2006. In 2012, we sent some cosmetic products away to be tested for hidden chemicals that are linked to hormone problems and cancers. We found a lot of these hidden chemicals in fragrance," MacDonald said. They also discovered heavy metals, such as lead, in other make-up products.

"Our artist, Andrew, is painting a mural using make-up, that people have gotten rid of at our events, that contain the harmful chemicals." Rather than sending the make-up to landfills, MacDonald said, the group decided to make art with it to aid in raising awareness.

Environmental Defence hopes that companies will pledge to remove harmful toxins from their health and beauty products.

"We are asking companies to do the right thing, to take out the Toxin Ten—ten chemicals that are linked to health problems that are in cosmetics in Canada—and disclose all the ingredients in fragrance," MacDonald said.

At each event, Environmental Defence circulated a petition, which they also brought to the Laurentian campus. Students were also able to use the discarded make-up products to add their names to the mural.

MacDonald believes that university campuses are an excellent place to share Environmental Defence's message.

"Students are at an age where they are realizing their power to change the world, and they're taking an interest in issues, and realizing their role in things. Also, as consumers, you are making choices for yourself, you've left the family home, you're living in residence, and you're making choices for yourself about what products you're going to buy," said MacDonald.

Environmental Defence also strives to educate the public on how to avoid these chemicals, and what can be considered safer alternatives. MacDonald said that students were very interested upon learning the direct connection these chemicals have to their personal health.

For Jack Cole, a Mining Engineering student, the message hit close to home. "I'm for the cause; I don't like anything poisonous. Cancer has affected me, so anything to do with cancer—I'll sign up to fight against it."

By the time 4pm came, the mural was nearly covered in signatures from Laurentian students.

Law and Justice student, Alex Romanoff, said that he signed the mural because it is for a good cause. "I wanted to show my support. It's best to come to youth; [the mural] is a great way to grab our attention. It's very good marketing."

Chloe Hallee-Theoret, a French and History student, opted to sign the petition

after talking to an Environmental Defence representative. "It's pretty disgusting that stuff that causes cancer is in hand soap and shampoos. I never really thought about it; I just used whatever."

This is an attitude that Environment Defence hopes to change with the Just Beautiful campaign, by raising awareness about chemicals that may otherwise remain hidden.  
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Photo by Ryan Neal

**Environmental Defence put up a banner in front of the Great Hall on Sept. 18.**